



DATE: September 09, 2019

AGENDA ITEM # 7

**TO:** Senior Commission

**FROM:** Bridget Matheson, Recreation & Community Services Supervisor  
Sarah Robustelli, Community Services Supervisor

**SUBJECT:** Monthly Staff Update

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### Updates

#### **Los Altos Hills:**

The **Los Altos Hills Fall Winter Activity Guide** is now available online: [PDF](#) and interactively [here](#). Guides were mailed to Los Altos Hills residents on Monday, August 23<sup>rd</sup>. There are also copies available at Town Hall, Parks and Recreation Building, Los Altos Library, Grant Park, Chamber of Commerce and Westwind Community Barn.

**Club 55** was held on Friday, October 4<sup>th</sup> at 6 pm.

**Town Safety Forums: Wildland Fire Evacuation and Power Shut Off** are being held 9/6, 9/14, 9/16, and 9/25. More information & registration can be found at: [www.losaltoshills.ca.gov/safetyforum](http://www.losaltoshills.ca.gov/safetyforum).

**Layers: Art Exhibit & Reception** will be held on Sunday, September 15<sup>th</sup> at 2pm at Town Hall. For more information visit Women's Caucus for Art – Peninsula Chapter at [www.wcapeninsula.org/](http://www.wcapeninsula.org/)

**A Shred Event** will be held Saturday, September 28<sup>th</sup> beginning at 9:00 am in the Town Hall parking lot. Los Altos Hills Residents (LAH Residents ONLY) will receive free assistance destroying documents. More information can be found on [page 4](#) of the Activity Guide.

The **Los Altos History Committee** have a couple upcoming presentations: **Tales of Moody Road & The First 50 Years**. **Tales of Moody Road** will be held on Sunday September, 29<sup>th</sup> at 2:00pm in Town Hall Council Chambers and **The First 50 Years** will be held on Thursday, October 10<sup>th</sup> at 3:00pm in Town Hall Council Chambers. More information can be found on [page 4](#) of the Activity Guide.

#### **Stay Active, Stay Safe, Stay for Lunch**

TOPIC: Crime Prevention & Home Fire Safety will be held Thursday, November 7<sup>th</sup> from 10am – 12:30pm at Town Hall, 26379 Fremont Road. This is a free event with Lunch Provided. RSVP Required visit: [losaltoshills.ca.gov/201/Parks-and-Recreation](http://losaltoshills.ca.gov/201/Parks-and-Recreation) and open Stay Active, Stay Safe, Stay for Lunch.

**Medicare Enrollment Presentation** will be held on Tuesday, November 12 at 10:30am in the Town Hall Council Chambers. This free presentation coincides with the annual Medicare enrollment period.

## **Los Altos Hills Senior Friendly Programs:**

**Fitness for Seniors** registration is open for September at [losaltoshills.ca.gov/201/Parks-and-Recreation](http://losaltoshills.ca.gov/201/Parks-and-Recreation). Seniors may call Recreation at 650-947-2506 to register over the phone.

A free and open to all **Monthly Recreation Walk** was held Wednesday, October 2<sup>nd</sup> at 9:30am and began at the Town Hall.

**Free Tech Help for Senior** was held on Thursday, October 3<sup>rd</sup> at 4 PM in the Parks and Recreation building. Sign up for future Tech Help events at <http://seniortech.cf/>.

**Intermediate Bridge** will begin on Wednesday, September 11<sup>th</sup> at 1:30pm in the Council Chambers. Registration is open at [losaltoshills.ca.gov/201/Parks-and-Recreation](http://losaltoshills.ca.gov/201/Parks-and-Recreation) or Seniors may call recreation at 650-947-2506 to register over the phone.

**Basic Manners for Community Dogs** begins a new session on Wednesday, September 11<sup>th</sup> at 9am at Hillview Baseball Field. Registration is open at [losaltoshills.ca.gov/201/Parks-and-Recreation](http://losaltoshills.ca.gov/201/Parks-and-Recreation) or Seniors may call recreation at 650-947-2506 to register over the phone.

**Mindful Eating: Mind-Body Connection** a free series that “enhances our understanding of what to eat, how to eat, how much to eat, and why we eat what we eat.” will begin on Thursday, October 17<sup>th</sup> at 6:30pm in the Parks and Recreation building.

## **City of Los Altos**

### **ON-DEMAND RIDE REIMBURSEMENT PROGRAM**

Starting on July 1, 2019, the City of Los Altos is providing an on-demand ride reimbursement program for senior members of the Recreation and Community Services Senior Program. This is a program that was created to aid local seniors in becoming more mobile within the Los Altos community.

#### REQUIREMENTS FOR REIMBURSEMENT

To be eligible for on-demand ride reimbursement you must meet ALL of the following criteria.

1. Ride services must take place between July 1, 2019 and June 30, 2020
2. You must be an active member of the Los Altos Recreation & Community Services Senior Program. (2019/2020 annual membership rates are \$26 Resident / \$40 All Others)
3. Ride must begin and end within the City of Los Altos, Town of Los Altos Hills, EL Camino Hospital, Mountain View’s Kaiser Hospital location (555 Castro St., Mountain View), Mountain View’s Palo Alto Medical Foundation location (701 El Camino Real, Mountain View) or the Palo Alto Veterans Hospital (3801 Miranda Ave., Palo Alto) with no stops outside those areas.
4. You must use an on-demand ride company that can provide official verification of ride cost and transportation start and finish points.
5. Full cost of ride and up to \$3 driver gratuity will be reimbursed, and additional gratuity given will not be reimbursed.

Process for reimbursement is as follows.

1. Complete reimbursement form.
2. Print a copy of ride receipt from your rider history.
3. Submit completed reimbursement form and ride receipt to the Recreation and Community

- Services (Location: 97 Hillview Ave., Los Altos).
4. Approvals (Recreation and Finance Departments)
  5. Check request processed and mailed (2-3 weeks)

### **Ayurveda**

The ancient Hindu system of healing based on the idea of balance in the bodily system.

Presented by Neha Kabra, an Ayurvedic Health Counselor

### **Wednesday September 11th 12:30-1:30 RM 4**

It is a holistic and sustainable alternative medicine science that ensures natural healing and works best in cases of chronic diseases. Ayurvedic remedies help to restore balance by working with diet, lifestyle, yogic breathing, and herbs, all of which have no side effects.

### **Tech Workshops (with Shalini)**

Room 3 at 10:00 AM at Grant Park

### **Monday, Sept 16th**

**Email Management**—The features and functions of email, how to best optimize and understand email clients.

**Speaker- Korinne Skinner, Public Affairs Manager for Mid Peninsula Open Space**

### **September 25th in Grant Park RM 4 at 12:30 PM**

Outdoor recreation geared toward active seniors